



Epi Monthly Report

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FLORIDA
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HEALTH IN MIAMI-
DADE COUNTY

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Happy, *Healthy* Holidays

It's that time of year once more, a time when millions of Americans gather together to enjoy good food and drink and to revel in holiday cheer. But while the holidays are meant to be an enjoyable time spent with friends and family, they can also be a time of sickness and stress if one is not properly prepared or does not take necessary precautions. Follow these tips to ensure that you and your family have a happy, healthy holiday.

Food Safety and Avoiding Food-borne Illness

During the holiday season many people cook much more food for many more people than they are accustomed to hosting. This can lead to foods not being properly cooked or kept at temperature, or can cause people to leave foods out for longer than is advisable, exposing family and guests to foodborne bacteria and viruses. While preparing food for others, especially during the hustle and bustle of the holidays, be sure to follow these rules of food safety:

- Practice good hand hygiene
- Do not cook if you are feeling sick, especially with diarrheal illness



- Keep raw meats and vegetables separate in the shopping cart, in the refrigerator, and on cutting boards
- Cook foods, particularly meats, to their appropriate temperatures to kill germs (poultry should be cooked to 165°F, ground beef, pork & lamb to 160°F, and steaks, chops, and fish should be cooked to 145°F)
- Wash fruits and veggies before peeling with clean running water, but do not wash meat, poultry or eggs
- Within 2 hours of being served, store leftovers in a refrigerator that is kept between 32°F and 40°F. Freezers should be kept at 0°F or below
- If you are keeping an ice bucket



or cooler out for guests to get ice, be sure to use a cup or scoop for the ice; do not allow people to reach in and get ice with their bare hands

If you or a family member does get sick after eating at a holiday event, be sure to seek medical attention if you develop a high fever, bloody stools, prolonged vomiting, signs of dehydration, or diarrheal illness that lasts more than 3 days.

Safe Alcohol Use

At office and family holiday parties, people are more likely to indulge in alcoholic beverages. While moderate alcohol use is safe for some, it is easy to overindulge and put oneself at a higher risk for automobile accidents and alcohol poisoning. Take the following precautions to avoid an alcohol-related accident during the holiday season:

- If you are planning to drive, do not plan to drink. If you are planning to drink, designate a sober driver for the evening or make plans to stay the night
- Drink slowly. Drinking many drinks in a short period of time quickens intoxication
- Keep track of how many drinks you have had throughout the evening
- Eat food before and while you drink
- Always read the labels of over-the-counter drugs to ensure that they are

safe to take while drinking alcohol



Avoiding cold and flu viruses

The last gift that anyone wants to give or receive during the holiday season is the flu. The holidays, however, fall right in the middle of flu season when many are vulnerable to infection with influenza viruses. To avoid spending the

holidays in bed with tissues and a fever, follow these tips:

- Get your flu shot at least two weeks before holiday festivities begin
- Wash your hands frequently with soap and water
- Practice good sneeze and cough etiquette: cough into your elbow or into a clean tissue. Never sneeze or cough into your hands
- Get adequate rest: burning the candle at both

ends puts a strain on your immune system

- Disinfect surfaces at home and at work to kill flu germs
- If you do begin to feel sick, resist the urge to go out to holiday events or parties; you risk infecting others and may lengthen your own recovery time



Holiday Travel Safety

The holiday season includes many travel-heavy days, and travel – especially air travel – can expose you and your family to a host of germs that you don't want to bring with you on your holiday vacation. Preparation and planning can help you to avoid sickness while traveling home for the holidays:

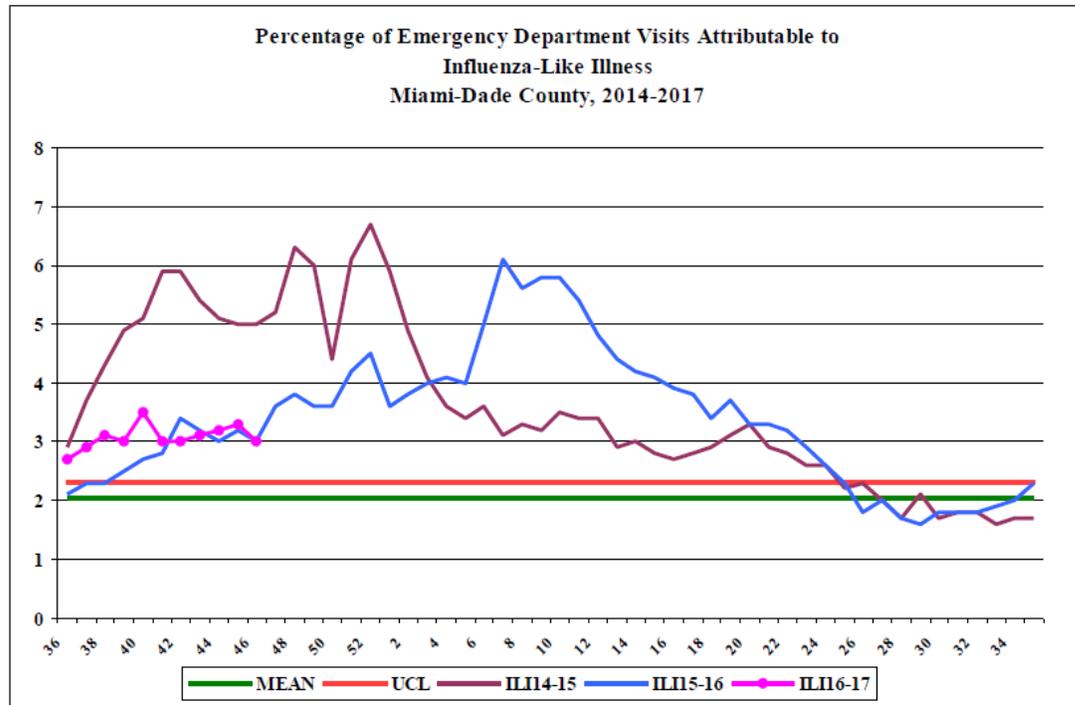
- Wash your hands before and after boarding an airplane, train, or other means of public transportation
- Pack travel-size bottles of hand sanitizer to use when soap is unavailable (ensure that it contains at least 60% alcohol)
- Stay clear of people on trains, shuttles, or buses

that look visibly sick (sneezing, coughing, red and swollen eyes, runny nose, etc.)

- Eat well while you travel. While it may seem more convenient to grab a slice of pizza at the airport, eating balanced meals while traveling will help to provide you with the fuel you need to fight infection

For more information on how to avoid sickness during the holidays, visit CDC's website at <http://www.cdc.gov/features/healthytips/index.html>

Influenza-Like-Illness, All Age



During this period, there were 22,157 ED visits; among them 659 (3.0%) were ILI. At the same week of last year, 3.0% of ED visits were ILI.

TO REPORT ANY DISEASE AND FOR INFORMATION CALL:
Epidemiology, Disease Control & Immunization Services

Childhood Lead Poisoning Prevention Program305-470-6877
Hepatitis305-470-5536
Immunizations or outbreaks305-470-5660
HIV/AIDS Program305-470-6999

STD Program305-575-5430

Tuberculosis Program305- 575-5415

Immunization Service305-470-5660

To make an appointment.....786-845-0550

PARTICIPATE IN INFLUENZA SENTINEL PROVIDER SURVEILLANCE

Florida Department of Health in Miami-Dade County NEEDS Influenza Sentinel Providers!

Sentinel providers are key to the success of the Florida Department of Health's Influenza Surveillance System. Data reported by sentinel providers gives a picture of the influenza virus and ILI activity in the U.S. and Florida which can be used to guide prevention and control activities, vaccine strain selection, and patient care.

- Providers of any specialty, in any type of practice, are eligible to be sentinel providers.
- Most providers report that it takes **less than 30 minutes a week** to compile and report data on the total number of patients seen and the number of patients seen with influenza-like illness.
- Sentinel providers can submit specimens from a subset of patients to the state laboratory for virus isolation **free of charge**.

For more information, please contact

Lakisha Thomas at 305-470-5660.

About the Epi Monthly Report

The Epi Monthly Report is a publication of the Florida Department of Health in Miami-Dade County: Epidemiology, Disease Control & Immunization Services. The publication serves a primary audience of physicians, nurses, and public health professionals. Articles published in the Epi Monthly Report may focus on quantitative research and analysis, program updates, field investigations, or provider education. For more information or to submit an article, please contact Emily Moore at (305) 470-6918.



Miami-Dade County Monthly Report Select Reportable Disease/Conditions October 2016

Diseases/Conditions	2016 Current Month	2016 Year to Date	2015 Year to Date	2014 Year to Date
HIV/AIDS				
AIDS*	25	439	398	453
HIV	90	1246	1159	1042
STD				
Infectious Syphilis*	32	345	270	293
Chlamydia*	831	10070	8629	8180
Gonorrhea*	214	2342	1729	1799
TB				
Tuberculosis**	9	84	99	107
Epidemiology, Disease Control & Immunization Services				
Epidemiology				
Campylobacteriosis	19	260	552	304
Chikungunya Fever	0	0	25	61
Ciguatera Poisoning	7	11	15	22
Cryptosporidiosis	1	23	43	35
Cyclosporiasis	0	2	3	1
Dengue Fever	4	21	23	34
Escherichia coli, Shiga Toxin-Producing	0	7	15	24
Encephalitis, West Nile Virus	0	0	0	0
Giardiasis, Acute	8	164	162	191
Influenza Novel Strain	0	0	0	0
Influenza, Pediatric Death	0	0	0	1
Legionellosis	1	15	23	14
Leptospirosis	0	0	1	0
Listeriosis	0	5	4	4
Lyme disease	0	0	8	6
Malaria	0	10	6	6
Meningitis (except aseptic)	0	7	6	16
Meningococcal Disease	1	1	6	10
Salmonella serotype Typhi (Typhoid Fever)	0	1	2	1
Salmonellosis	82	599	574	531
Shigellosis	6	66	128	636
Streptococcus pneumoniae, Drug Resistant	1	4	1	36
Vibriosis	1	8	16	6
West Nile Fever	0	0	0	0
Immunization Preventable Diseases				
Measles	0	4	0	0
Mumps	0	4	3	0
Pertussis	0	22	28	30
Rubella	0	0	0	0
Tetanus	0	0	0	0
Varicella	2	0	0	0
Hepatitis				
Hepatitis A	2	35	32	31
Hepatitis B (Acute)	5	18	12	11
Healthy Homes				
Lead Poisoning	14	88	70	61

*Data is provisional at the county level and is subject to edit checks by state and federal agencies.

** Data on tuberculosis are provisional at the county level.